



**Epi Update for Friday, November 9, 2018**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

**Items for this week's Epi Update include:**

- **Benefits of seasonal influenza vaccine**
- **Enterobacteriaceae in Iowa**
- **Antibiotics are not always the "best medicine"**
- **In the news: Superbugs pose a dangerous, \$65 billion threat to the US health-care system**
- **In the news: New bacteria infects dozens of cancer patients**
- **In the news: Why dogs are great disease detectors**
- **Infographic: Your hands carry germs you can't see**
- **Meeting announcements and training opportunities**

**Benefits of seasonal influenza vaccine**

During the 2017–2018 influenza season, Iowa experienced more than a 50 percent increase in reported hospitalizations due to influenza and 272 reported influenza-related deaths. However, only 43 percent of Iowa adults received the influenza vaccine last year. Despite variations in efficacy from year to year, vaccination remains a critical tool for preventing influenza-associated morbidity and mortality. Unfortunately, many misperceptions about the vaccine persist, including the incorrect belief by over half of U.S. parents that a child can get influenza from the shot. Last year there were 180 pediatric deaths nationwide, and 80 percent of those children were not vaccinated. Pregnant women who get the influenza vaccine are 40 percent less likely to be hospitalized, but according to data collected by the Pregnancy Risk Assessment Monitoring System (PRAMS), in 2015 only 69 percent of newly delivered women in Iowa reported receiving an influenza shot in the 12 months before delivery.

Health care provider recommendation has an impact on whether or not patients receive influenza vaccination. Now is the time to encourage all Iowans to take advantage of influenza vaccination as an important preventive tool. Everyone 6 months and older should receive a seasonal influenza vaccine.

For more information on Iowa PRAMS, visit [www.idph.iowa.gov/prams](http://www.idph.iowa.gov/prams).

For more information on influenza vaccination, visit [idph.iowa.gov/immmtb/immunization/vaccine](http://idph.iowa.gov/immmtb/immunization/vaccine).

**Enterobacteriaceae in Iowa**

Enterobacteriaceae is a large family of gram negative rod organisms. The most common Enterobacteriaceae are *Escherichia*, *Enterobacter* and *Klebsiella*. Other frequently seen genera include *Citrobacter*, *Morganella*, *Proteus*, *Providencia* and *Serratia*.

Enterobacteriaceae cause a wide range of clinical infections and are a major cause of healthcare-associated infections. CRE are Enterobacteriaceae that are nonsusceptible to carbapenem antibiotics and can cause infections with high rates of morbidity and mortality. CRE infections can have serious implications for persons with prolonged hospitalization, those who are critically ill, and those exposed to invasive devices (e.g., ventilators or central venous catheters). Symptoms may manifest through respiratory, wound, urinary tract, invasive, tissue and other infections. CRE have become resistant to all or nearly all available antibiotics and are classified by CDC as an urgent threat. Clinical and screening tests that identify a CRE have been reportable to the Iowa Department of Public Health since January 2017.

For more information about CRE in Iowa, including a map of identified organisms and resistance mechanisms, visit [idph.iowa.gov/hai-prevention/stewardship](http://idph.iowa.gov/hai-prevention/stewardship).

For questions, please contact Nancy Wilde at IDPH at 515-242-3892.

### **Antibiotics are not always the “best medicine”**

People often think antibiotics will cure a runny nose or reduce influenza-like symptoms. However, taking an antibiotic for viral illnesses such as the common cold or influenza can actually put people at risk for adverse events or for developing an infection with an antibiotic resistant organism. Antibiotic resistant organisms make it difficult for clinicians to treat infections that do require antibiotics.

IDPH is committed to raising awareness about antibiotic resistance and appropriate antibiotic prescribing. CDC’s *Be Antibiotics Aware* campaign helps to educate clinicians and the public about appropriate antibiotic use.

For more information about the campaign, visit [www.cdc.gov/antibiotic-use/week/index.html](http://www.cdc.gov/antibiotic-use/week/index.html).

### **In the news: Superbugs pose a dangerous, \$65 billion threat to the US health-care system**

[www.cnn.com/2018/11/07/superbugs-dangerous-65-billion-threat-to-the-us-health-care-system.html](http://www.cnn.com/2018/11/07/superbugs-dangerous-65-billion-threat-to-the-us-health-care-system.html)

### **In the news: New bacteria infects dozens of cancer patients**

[www.kark.com/news/health/new-bacteria-infects-dozens-of-cancer-patients/1552939981](http://www.kark.com/news/health/new-bacteria-infects-dozens-of-cancer-patients/1552939981)

### **In the news: Why dogs are great disease detectors**

[www.wired.com/story/the-science-of-the-sniff-why-dogs-are-great-disease-detectors/](http://www.wired.com/story/the-science-of-the-sniff-why-dogs-are-great-disease-detectors/)

### **Infographic: Your hands carry germs you can’t see**



To view in full size, visit

[www.cdc.gov/handwashing/images/campaign2018/handwashing-uv-light-1080px.jpg](http://www.cdc.gov/handwashing/images/campaign2018/handwashing-uv-light-1080px.jpg).

### **Meeting announcements and training opportunities**

The *2018 Midwest Rural Agricultural Safety and Health (MRASH) Conference* will be held November 28-29 in Council Bluffs. A preconference workshop on immigrant farmworker health is scheduled for November 27. For more information, visit

[www.public-health.uiowa.edu/icash/programs/mrash-conference/2018-mrash/](http://www.public-health.uiowa.edu/icash/programs/mrash-conference/2018-mrash/).

CDC and Medscape have released a new activity for clinicians about ACIP influenza vaccination recommendations for the 2018-2019 season. The activity offers free continuing education credits and is intended for healthcare personnel involved in influenza vaccination. To access the activity, visit [www.medscape.org/viewarticle/903820](http://www.medscape.org/viewarticle/903820).

### **Have a healthy and happy week!**

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